



Knox County Health Department

140 Dameron Avenue, Knoxville, TN 37917

The Knox County Health Department recommends that people with a COVID-19 infection isolate for a minimum of 5 days from onset of symptoms/illness or test date. Cases can leave isolation after five days if their symptoms are improving and have not had a fever for 24 hours (without fever-reducing medication).

Regardless of symptoms, cases should continue to wear a mask when around others for an additional 5 days after being released from isolation.

If a case still has a fever or symptoms have not improved at the end of the 5-day isolation period, they should remain isolated and not return to their normal activities until they have not had a fever for at least 24 hours and their symptoms have improved.

These steps are recommended in the interest of public health and in alignment with guidance developed by the Tennessee Department of Health (TDH) and the Centers for Disease Control and Prevention (CDC).

Please see the following guidance for additional information:

Knox County Health Department

- [COVID-19 Prevention and Support](#)

Tennessee Department of Health

- [Release from Isolation and Quarantine](#)
- [Recommendations for COVID-19 Self-Tests](#)

Centers for Disease Control and Prevention

- [COVID-19: How to Protect Yourself & Others](#)

The Knox County Health Department **is no longer providing personal letters** documenting isolation/quarantine recommendations for a case and contacts. Both the CDC and TDH discourage employers and schools from requiring a medical note for clearance to return to work or school after an individual has COVID-19.

Those who test positive for COVID-19 may provide documentation of their positive test result (such as a photo, print out of lab results, or note from a provider that administered the test) to indicate their need for exclusion from in-person activities during their period of isolation. For questions or if additional prevention and support information is needed, please contact the Knox County Health Department at 865-215-5555. We encourage all cases who feel unwell or become severely ill at any point during isolation to contact their healthcare provider to seek out care.